

# Iron County Register.

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OUR GOD, OUR COUNTRY AND TRUTH.

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## A Letter From Miss Ethel Hale.

(Written to Mrs. Bynum, Belleview.)

HOSTESS HOUSE, CAMP MAC ARTHUR, TEXAS, August 22, 1918.

My Dear Mrs. Bynum—You may be surprised to hear from me, but I assure you this letter is the result of a well-meaning intention of several weeks' standing. Most of my letter writing gets no farther than the good intentions, and I really feel like patting myself on the head when I do succeed in getting a letter written.

You may possibly have heard that I am here in this work, and before I come to the real object of my letter to you perhaps you would like to have me tell you a little about the Hostess House work. There are so many phases of war work and so many different camp activities that unless one has the opportunity to visit one of the large cantonments they do not know about all the things that are being done for the welfare and comfort of "the boys from home."

Under the direction of the War Work Council of the National Y. W. C. A. about eighty-three Hostess Houses have been built or are under construction in the various camps and posts in the United States. This particular building was of the first to be built in the south, and was the gift of Edwin Gould to the Y. W. C. A., was opened last November, and has been in constant use since then. The houses are all built on the general plan of this one—large, low, rambling structures, with screened or glassed in wide porches all round. A large living room, the central feature of which is the big, open fireplace. This room is fitted with easy chairs and couches, reading tables and lamps, bookcases with all the new books and magazines, piano and victrola, etc. The porch has in the summer time its swings, chairs and the dining tables, each with always present growing plants or vase of flowers. The porch here is covered with Jack Beans and moon vines, is delightfully cool, and is the popular eating place.

Adjoining the living room is the kitchen, store room, etc., and the cafeteria, where light refreshments are served from 9 A. M. to 10 P. M. and two regular meals a day. These meals are not intended to take the place of the regular mess, but to provide the "extras" they do not get ordinarily. We serve a choice of two meats, three or four vegetables, two kinds of salads, two or three kinds of desserts, and always pie. Positively, I never seen anything to equal these boys' capacity for pie. I do believe they would eat pie if it was made of gutta percha and sawdust. Next in popularity are cookies. (I've learned men are nothing but small boys grown up), and eggs in various forms are always in demand.

June and July were the biggest months in the history of the house, and the last week in July we averaged four hundred people a day for six days. This was at the time the 7th Division was leaving, and people were coming from all over the country to tell the men good-bye. That is the real object of the house—to provide a meeting place for the men and their women relatives and friends. A rest room with lavatories and bath, dressing tables, cots, and cribs for the babies, are provided, and in some houses, where the camps are not so near town, there are provisions made for keeping women visitors over night. However, as we are only three miles from the downtown section, and four blocks from the car line, this is not necessary here.

There are four or more staff members in each house, viz., Director, Cafeteria Director, Hostess, and Emergency Secretary. Just now, I am both Business and Cafeteria Director, as Miss Ares, our Director, has gone north on her vacation. But my usual duties are the employment of help, buying supplies, planning and supervising the meals, and, of course, keeping the financial end of the house going. We regularly employ nine servants, white and colored, and keep on hand four or five hundred dollars' store room stock—really a small grocery store. So that it has been an enormous responsibility, and no small amount of work and patience and watchfulness to make it a financial success. The help problem is the serious one: incompetent, wasteful colored help, and independent, indifferent white women.

The work has been intensely interesting, and very gratifying. The men, so far away from home, are so grateful for every small attention, and seem to appreciate the feminine touch given by the women in the house, and say it is more like home than any place in camp. Of course the Y. M.

C. A., the K. of C. and other organizations have buildings where the men gather to read and write, where they have lectures, moving pictures, and other entertainment. Our house is located between the Liberty Theatre (which is under Government management and gives a very good class of shows) and the Camp Library building. The latter, to me, is one of the most wonderful places in camp. They have a marvelous collection of books and magazines on every subject, and in every language. Then the main library has French libraries in all the Y. M. C. A. buildings, and in the Red Cross Convalescent House. This is a beautiful building adjoining the Base Hospital, something on the order of the Hostess Houses (without the cafeteria) and affords a resting place for the convalescent patients. It is connected by covered runways with the main wards of the hospital so that the men go back and forth, pajama clad, to the big lounging and smoking room, where entertainments by local people are given several nights each week.

There are so many interesting things about camp life, and I am enjoying my work very much. I do not like it any better than the Government Demonstration work, but it is not quite such a strain, physically; at least I do not have to worry with blow-outs, self-starters and other car troubles. I expect to remain in war work as long as the war lasts, but will then probably resume my former government work.

Father spent six weeks with me recently, returning to my brother last Sunday. He had the time of his young life out here—lived the period of the Civil war over again. He was so interested in making comparisons of modern military tactics and equipment with those of his war days. He is really quite well, and much more contented than I ever expected him to be. We saw Dr. and Mrs. Appleberry several times while Daddy was here. And that brings me to the why and wherefore of this letter.

I understand a number of Southeast Missouri boys are in Section F, of this camp, and I should like to know if there are any Iron County boys. If so, I should like to know who they are, and it may be that I can help to do something to make their stay more comfortable and pleasant. Of course none of them will be here long as this is only a replacement camp, and the most of the men are drilled and sent out, many to go over, within six weeks. But if I can be of any service to any of the home boys in the capacity of my work here I should be very glad.

How are you, and how are the weather and crop conditions? We have had a terribly hot summer here, and an unbroken drought of many months.

Trusting you are not bored to death by this lengthy epistle, and that I may hear from you,

I remain, Sincerely,  
ETHEL E. HALE.

August 22, 1918.

From Over the Sea.

Dear Mother and Brothers—I will write a few lines to let you know that I have arrived over the seas safely, and am well.

We had a fine time coming across. I guess you will expect me to say that I was seasick, but not so. I never got seasick at all, although some of the fellows stood at the side of the ship "feeding the fishes" all the way across.

We had smooth water all the way across, except one day it was very rough.

We saw one of those spouting whales. It threw water up several feet in the air. Some of the boys thought it was a "subbie," as they call a submarine.

We had what they call "boat drill." I stood out on a raft and picked the men up out of the water as they jumped. I was glad that I did not have to get into the water, as it looked mighty cold.

It was cold weather for June. We had to wear our overcoats nearly all the time.

They had a queer way of telling time on the ship, but I got used to it before I landed. Eight bells was four, eight and twelve o'clock. One bell for four-thirty, eight-thirty, and twelve-thirty, and each half hour one bell more.

I cannot tell where I am, but this is certainly a beautiful country. As we take a hike every day, I have seen all the immediate vicinity.

There is a difference of four or five hours time between here and Missouri, and as it is now about five o'clock I suppose you are eating din-

Cut Out and Save No. 7

## Give the Unborn Child a Square Deal

FATHERS—Give Your Unborn Baby a Square Deal. See That the Mother Isn't Overworked

OVERWORKED MOTHERS HAVE WEAK, SICKLY BABIES  
HEALTHY, HAPPY MOTHERS, HAVE STRONG BABIES  
LET HIM COME INTO THE WORLD WITH A FIGHTING CHANCE

The MOTHER'S first rule is to keep the system in perfect order. Regulate digestion by the proper food and drink. Eat most sparingly and substitute eggs and milk for meat. Eat plenty of fresh green vegetables and cooked fruits. Abstain from rich pastries and pies. Take but little of sweets and candies. Eat as much as you want, but never overeat. Five light meals are better than three heavy ones. Flush your system with water between meals. Buttermilk, sweet milk and soups make good drinks. Alcoholic drinks are always bad. Avoid laxatives. If you cannot get along without them, ask the doctor's advice.

Your kidneys carry off impurities. Don't fail to have your doctor examine the urine every month, in the beginning, twice a month toward the end.

Unless you do this, the kidneys may get out of order, and you not know it until too late.

Personal cleanliness is of the utmost importance.

Keep the pores of the skin open by means of daily cool baths.

Wash your breasts and nipples with cold water; nothing else is needed to make them strong.

A breast-fed child has a better chance to live than a bottle-fed baby.

Have plenty of fresh air day and night. Indoor work is exertion. Outdoor work is exercise.

DON'T SQUEEZE THE BABY BY A TIGHT OR BADLY FITTED CORSET.

DON'T TRY TO HIDE YOUR PREGNANCY. MOTHERHOOD IS A BADGE OF HONOR.

REMEMBER THAT THOUSANDS OF CHILDLESS WOMEN LOOK AT YOU WITH ENVY.

Wear a good maternity corset after the fourth or fifth month.

Tooth decay easily in pregnancy and disturbs the digestion.

Keep your mouth scrupulously clean, or, better still, have a dentist go over them.

It is an exploded theory not to have the teeth attended to in pregnancy.

A short drive in carriage or automobile over easy roads is a good thing. Jolting is dangerous.

Don't believe in the old and foolish superstition of "maternal impressions."

No child has ever been MARKED by any fright of the mother.

You may safely reach up to the top shelf of your cupboard. It does not wind the cord around your baby's neck.

Laugh at the tales of horror that your neighbors may tell you.

Look forward with joy and anticipation to your confinement and think of the untold millions that populate the world that were born safely.

Secure for your pregnancy and confinement the best medical talent you can afford.

IT PAYS IN THE LONG RUN.

Compiled under direction Children's Bureau U. S. Department of Labor.

Missouri Woman's Committee, Council of National Defense.

ner. Rather it is 7 o'clock by the time here, as they commence at midnight and count up to 24 o'clock, which is midnight again.

I think to-day is pay-day. I have quite a time counting this foreign money. The English pence is two cents; their shillings, twenty-four cents, and the pound is very near five dollars.

French money is much more easier counted. The sou is one cent; the franc, twenty cents, and their paper money runs by francs, as a five franc note is equal to our dollar bill.

Well, as I cannot think of anything more to write, I will close, so take care of yourselves till the war is over.

PRIVATE GEORGE W. LOYD,  
Co. E, 105th Engineers, American Expeditionary Forces, via New York.

From Somewhere in France.

My Dear Mother—I am terribly sorry if I cause you uneasiness for worry over me not writing, but I am inclined to think you expect a little too much.

You know I am not over here for the pleasure of the matter, but strictly business, and must give all my time and thought possible to the Hun, which you readily see is quite a job.

I, too, was rather anxious for some news from you. It was seven long weeks that I did not have a word of news from home; you know that is quite a spell. I received your letters of the 12th and 13th last evening.

There was great rejoicing throughout the camp; everybody got lots of mail—the first we had had for over a week, and the second since leaving the States. I think I will have the opportunity of writing you pretty often and regularly for some time, but, as I said before we never know, and please, mother, don't think there is anything wrong if you don't hear for there are lots of things which could happen to mail going that far; anyway, you know I always could get around pretty lively when any one was after me. Do you remember the time you were after me with a board and I jumped the fence with one of the boys' wheels and operated on it before you could get there? So the Huns will have to go some if they ever get me.

Another reason, mother, why I will not be one to help make up the casualty list: There is, as you know, quite a lot of this wine, women and song business over here, and I think that you, mother, who know my life and character better than any one else, know that I have too much respect for you and father, even if I did not for myself, to participate in the smallest degree. The fellows are somewhat inclined to call me "easy" for it, but why should I care? I defy anyone to prove the fact of the true man otherwise. Therefore, when I go after the Hun it will be with a clear brain, a steady nerve and an eye that does not see double, so they had better look out if my old jule gets into action.

My ankle is much better and I will be able to go back to drilling Monday.

the Dr. says. I am lying on my bunk flat on my back writing, so you can imagine why the lines are so crooked.

I see Jasper every day nearly; he is well and doing fine.

We are having quite a lively period of training, just what we need after such a long period of irregularities and inactivities.

I don't think it will be worth while for you to try to send me anything now, for awhile; anyway, I will have to send you an order signed by the Colonel, to put on the package before it can pass through the mail, so if I happen to need anything especially I will let you know.

You and father must take good care of yourselves and not work too hard, and above all things don't worry about me, for what I can't do for myself Uncle Sammie will do for me, so I am well provided for. Be optimistic like I used to tell you before I became a soldier, for there is always a bright side to everything, if we only look for it; every dark cloud has a silver lining, so just turn it wrong side out, as the song says, and I'll be home some bright day in the near future.

SERGEANT ROBERT E. WOOD,  
Co. E, 314th Engineers, American Expeditionary Forces, via N. Y.

A Good Friend.

A good friend stands by you when in need. Ironton people tell how Doan's Kidney Pills have stood the test. J. Hendley, photographer, of Main Street, Ironton, endorsed Doan's over ten years ago and again confirms the story. Could you ask for more convincing testimony?

"I was feeling run down and had sharp twinges and weakness across the small of my back," says Mr. Hendley. "My kidneys often acted irregularly. When I heard about Doan's Kidney Pills, I made up my mind to try them and I got a supply at the Arcadia Valley Drug Co. They made a wonderful improvement and since using them I have had no backache or other kidney trouble."

Mr. Hendley gave the above statement in December, 1906, and on July 17, 1918, he added: "I have very little bother with my kidneys now. Others of my family have also used Doan's Kidney Pills with satisfactory results."

Price 60c. at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Hendley had. Foster-Milburn Co., Mfrs., Buffalo, N. Y.—Adv.

New Flour Regulations.

The fifty-fifty rule of the Food Administration has been changed and after September 1st flour may be bought by consumers with substitutes in the ratio of four pounds of ordinary wheat flour to one pound of substitutes at the mill and will be known as Victory Flour.

The recent careful survey of the Food Administration of the United States, France, England and Italy, of the food resources of the 230 million people fighting against Germany, show that to maintain enough supplies and necessary reserves against disaster, there must be maintained in all countries a conservation of wheat flour during the coming year.

It has been agreed that the wheat



Your Grocer will deliver

**Bevo**  
A BEVERAGE

You've enjoyed it at restaurants and other places—now you want your family and your guests to join you in the same pleasure. That's one of the joys of serving Bevo—to hear your guests say how good it is—then to listen to their arguments as to just what it is. If they haven't seen the bottle they'll all agree that it is something else—if they have seen the bottle each will have a different explanation for its goodness.

Bevo is nutritive—pure through pasteurization and sterilization—non-intoxicating, wholesome and thoroughly refreshing. Note—Bevo should be served cold.

Bevo—the all-year-round soft drink

Get Bevo at inns, restaurants, groceries, department and drug stores, picnic grounds, baseball parks, soda fountains, dining cars, steamships, and other places where refreshing beverages are sold. Guard against substitutes—have the bottle opened in front of you.

Bevo is sold in bottles only—and is bottled exclusively by

ANHEUSER-BUSCH—ST. LOUIS

Aug. A. Busch, President

A. RIEKE & SON

Distributor IRONTON, MO.

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## Weather Report.

Meteorological Report of Cooperative Observer at Ironton, Iron County, Mo., for the week ending Monday, August 26, 1918.

Days of Week.	Temperature		Precipitation
	Highest	Lowest	
Tuesday.....	20	82	67
Wednesday.....	21	85	70
Thursday.....	22	87	66
Friday.....	23	89	64
Saturday.....	24	81	65
Sunday.....	25	76	68
Monday.....	26	84	61

NOTE.—The precipitation includes rain, hail, sleet and melted snow, and is recorded in inches and hundredths. Ten inches of snow equal one inch of rain. "T" indicates trace of precipitation. ARCADIA COLLEGE Observer.

Job-Work, all kinds, at this office.

## "Cured!"

Mrs. Gus Griffith, of Everton, Mo., writes: "I suffered for three years with various female troubles. My life was a misery. I was not able to do anything... bearing down pains in my back and limbs, and headache... weak and nervous. Dr. Cardui recommended Cardui to me."

TAKE

**Cardui**

The Woman's Tonic

"When I was on the sixth bottle," she continues, "I began feeling like a new woman... I am now a well woman... I know my cure is permanent for it has been three years since I took Cardui." Thousands of women, now strong and healthy, who once suffered from women's ailments, give Cardui—the credit for their good health. Try it, for your troubles.

All Druggists

EDM